

July 2023

Menu Miami Senior Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Spaghetti Meatsauce, Green Beans, Garlic Bread, Salad, Fruit 1% Milk	4 Closed 4th of July	5 Chicken Ranch Wrap Peas Salad Sliced Cucumber Pudding 1% Milk	6 BBQ Pork Sandwich Coleslaw, Ranch Beans Chips & Fluff 1% Milk	7 Ravioli Green Salad Green Beans Applesauce, Dinner Roll 1% Milk	8
9	10 Chicken Alfredo Noodles, Garden Salad Peas, Fluff Dinner Roll 1% Milk	11 Ham & Cheese Sandwich Cucumber Salad Yogurt Banana Pudding 1% Milk	12 Beef & Cabbage White Rice, Garden Salad, Fluff Dinner Roll 1% Milk	13 Swedish Meatballs/ Noodles, Garden Salad, Green Beans Fruit/Cottage Cheese 1% Milk	14 Chicken Fried Steak Mashed Potatos w/ Gravy, Mixed Vegetables, Dinner Roll & Fluff 1% Milk	15
16	17 Meatloaf Mashed Potato, Green Beans, Fruit Salad, Dinner Roll 1% Milk	18 Salami & Cheese Wrap Lettuce & Tomato Summer Slaw, Chips Fruit 1% Milk	19 Tator Tot Casserole Strawberry Pear Salad Peas Ambrosia Salad 1% Milk	20 Navajo Taco Chile Beans, Ground Beef Lettuce, Tomato, Cheese Fideo, Corn & Fluff 1% Milk	21 Cheeseburger Lettuce, Tomato Fries, Ranch Beans Berry Cobbler 1% Milk	22
23	24 Meatloaf Mashed Potato, Green Beans, Fruit Salad, Dinner Roll 1% Milk	25 Taco Salad Lettuce & Tomato Spanish Rice, Corn Chips Rice Pudding 1% Milk	26 Beef Stew Carrots, Potato Green Salad Roll, Applesauce 1% Milk	27 BLT Sandwich Lettuce, Tomato, Cheese Pea Salad, Mac & Cheese Cookie 1% Milk	28 Chicken Sandwich Cowboy Stew Fresh Fruit Cake 1% Milk	29
30	31 Sloppy Joes/Bun Lettuce Tomato Mac Salad, Tots Fruit & Cottage Cheese 1% Milk	1 Egg Salad Sandwich Lettuce & Tomato Coleslaw, Cucumber Salad Cookie 1% Milk	2 Green Chile Enchiladas Beans, Sopa Garden Salad Fruit 1% Milk	3 Hot Turkey Sandwich Mashed Potatos/gravy Stuffing, Green Bean Salad & Cranberry's 1% Milk	4 Chile Dogs Tator Tot Strawberry & Pear Salad Cookie 1% Milk	

Notes: Miami Senior Center 506 Live Oak Street Miami, Arizona 85539 928-473-4190

The Miami Senior Center cannot deliver home bound meals without authorization from case manager. Many people believe that they just have to call the center to receive a meal but they must be referred through Pinal-Gila Council for Senior Citizens. 1-800-293-9393. Miami Senior Center complies with provisions of the ADA and Civil Rights Act of 1964 and does not discriminate on the basis of age, disability, race, color, nation, origin or gender.

Suggested Donations: Home Delivered Meals \$2.00 and Congregate Meals \$2.00